Roasts need to sit above bottom or it will boil in juices.

Aromatic Vegetables- Carrots, Celery, and Onions.

Secret to Roasting is Sunbathing. Good to cook evenly and quickly.

Butterfly:

Scrape sides of breast to reveal wishbone. Get fingers in and pull down to remove.

Crisscross on back. Pull skin to breast. Cut through skin to crisscross. Pull leg back to reveal ball joint and cut through oyster. To remove leg

Cut through ribs to remove backbone. Open up like book.

Take out keel Bone – Slice through membrane. Crack open, reach in, and lever out.

Gravy is a Jus thickened with flour.

After roast is done, tilt roaster on its side and drain by pouring or with baster.

Mix drippings with Mustard and vinegar and makes a good vinaigrette for a salad.

Stock adds body… slices in quartered chicken for the jus to seep in.